

Newsletter

Nov/Dec 2009

What should Fish Oil be used for?

Fish oil is now recommended for many conditions and the list continues to grow. The EPA and DHA abundant in fish oil are beneficial in pregnancy, arthritis, anxiety and depression, along with learning and behaviour problems in children. It helps eczema and dry eyes, benefits the memory and may delay dementia. Fish oil is also recommended for people with heart disease as it reduces blood stickiness and lowers blood fats.

Ironically fish is not always an ideal source of fish oil! Polluted oceans have resulted in unsafe levels of mercury in some fish. It is now recommended that pregnant women and children restrict their fish intake depending on the type of fish eaten, and to only consume 2-3 serves a week even of "safe" fish species.

Fish oil is usually most effective in relatively high doses. Innovation in processing has resulted in concentrated products making it easier to take the required dose. For example a typical dose for inflammatory conditions such as arthritis or eczema would be 1 teaspoon of the concentrated liquid or six of the concentrated capsules which we use at the clinic. This dose is equivalent to 10 regular capsules or a tablespoon of regular fish oil!

To ensure safety in taking the higher doses of fish oil that are effective, KCFH uses only concentrated fish oil supplements that exceed Australian standards. This oil also exceeds quality standards set by the European Union and the Canadian Council for Responsible Nutrition regarding acceptable levels for common contaminants including lead, cadmium, mercury, arsenic, dioxins and polychlorinated biphenyls (PCBs)

10 Tips to Beat Insomnia

Difficulty getting to sleep, waking during the night or waking too early are the tell-tale signs of insomnia. While everyone can experience brief periods of disturbed sleep, on-going insomnia is a common problem which is linked to depression, anxiety disorders and substance abuse. Poor sleep also leads to lethargy, poor concentration and poor memory. It is not always possible to determine exactly why a poor sleep pattern has developed, but there are many things that can help to re-establish normal sleep. The following 10 tips adapted from *Sleep Disorders Australia* Fact Sheet is the best place to start and can make a real difference.

1. Cut out caffeine in the afternoon/evening. Caffeine is a stimulant and can take up to 8 hours to wear off.
 2. Don't use cigarettes before bed. Nicotine is also a stimulant and should be avoided if you wake in the night.
 3. Don't use alcohol as a sleep aid – it might help to get to sleep but then disturbs sleep.
 4. Develop a relaxing sleep ritual before bedtime.
 5. Exercise regularly, but not in the evening.
 6. Keep the bedroom quiet, dark and comfortable.
 7. Don't go to bed overfull or hungry.
 8. Avoid napping in the day, and go to bed at the same time each night.
 9. Don't sleep with pets or children in the bed – their movements can disturb an otherwise peaceful sleep.
 10. Avoid watching TV, eating and discussing emotional issues in bed.
- Continued over ...

Inside...

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- **Beating Insomnia.**
- **Summer Bean Salad**
- **Japanese Acupuncture at the clinic.**
- **Stephen Janz presents at the World Federation of Acupuncture Societies in France.**
- **New treatments for Heel pain & Hip Pain.**

Co Q 10 price drop!

We are now able to supply Coenzyme Q10 150 mg at about half of the previous price. This is still high quality Japanese sourced CoQ10. CoQ10 is recommended if cholesterol lowering medication is being taken, and helps with the fatigue and muscle weakness that these medications can cause.

Acupuncture doubles success with IVF

Acupuncture and Chinese herbal medicine not only help with natural conception but studies show acupuncture can double the success of IVF treatment as well!

Three massage therapists available Monday to Saturday

offering Sports, Bowen, Remedial, Deep Tissue, Foot Reflexology, Orthobionomy, Lymphatic Drainage and Relaxation massage.

HiCaps is available for most health funds.

Ph 3878 4477

...Insomnia continued

These ten steps are invaluable to restore a normal sleep cycle. When more help is needed it is reassuring that there are a number of treatments that can improve sleep. Acupuncture can balance the autonomic nervous system and restore sleep. Chinese herbal medicine can be prescribed according to whether a person has difficulty getting to sleep, waking during the night or early waking. Prescribed pharmacy sleep medication

From Linda's kitchen

It's great to see the supermarkets stocking more organic products. Here is a simple and delicious recipe using organic beans and lentils.

SUMMER BEAN SALAD

400g can Organic Butter Beans
400g can Organic Red Kidney Beans
400g can Organic Borlotti Beans
400g can Lentils

Strain and rinse the beans and lentils and gently mix into a large bowl. Then add the following finely chopped ingredients:

3-4 shallot stalks	1 large bunch of fresh
2 stalks of celery	parsley
1 red capsicum	1-2 cloves of garlic

Mix these through the beans then add:

1/2 tsp smokey paprika
Salt to taste (preferably iodized)
Drizzle Extra Virgin Olive Oil (to taste)
Drizzle White Wine Vinegar (to taste)

Stir through gently. This is also good the next day for lunch boxes

Stephen Janz presents at the World Federation of Acupuncture Societies.

Stephen's paper on **trochanter bursitis** has been accepted for presentation at the World Federation of Acupuncture Societies (WFAS) Congress held in November in Strasbourg. This Congress is the coming together of acupuncturists from around the world with support from the World Health Organisation (WHO). These congresses are a unique opportunity to keep abreast of innovations in acupuncture from throughout the world and bring them back to the clinic in Kenmore.

Japanese Style Acupuncture now Available.

Michelle Blum graduated from the Melbourne College of Natural Medicine in 2002 with a Bachelor of Health Science Acupuncture. Michelle has worked in several women's health and fertility clinics and is specialising in this area at KCFH.

has a role for very short term use. Concentrated milk drinks like "Horlicks" contain the sleep promoting substance tryptophan. Some common herbal medicines and the minerals calcium and magnesium when taken at night can have a relaxing effect that aids sleep. Any steps which improve the quality and quantity of sleep improve physical and mental wellbeing. These simple strategies can be the building blocks to a more vital life.

Michelle also has a special interest in Japanese acupuncture techniques. Japanese techniques place extra emphasis on palpating acupuncture

points to find the ideal points for treatment, and is based on the same Chinese medical model which we use in the clinic. This style of acupuncture is especially suitable for sensitive people. Michelle also provides care for general health and musculoskeletal complaints.

Plantar Fasciitis (Painful Heel) & Trochanter Bursitis (Hip Pain)

The Clinic has developed unique and effective treatments for both of these stubborn & painful conditions. In each case an holistic approach is used, examining posture and low back pathology, combined with specific acupuncture treatment using acupuncture points developed by our clinic director Stephen Janz

Plantar fasciitis (painful heel)

Sometimes mistakenly considered a "stone bruise" and overlapping with heel spurs, sufferers typically hobble upon getting out of bed in the morning and experience pain in the heel when they get up from sitting down for a while. The source of the pain is a tear or inflammation in the plantar fascia (connective tissue under the foot). Stephen was awarded the best paper on clinical practice at the World Federation of Acupuncture Societies (WFAS) in 2004 for his work on plantar fasciitis, and has taught this approach at several seminars including at the Australian Acupuncture and Chinese Medicine Annual Conference (Sydney) 2008.

Trochanter Bursitis (Hip Pain)

Another painful and debilitating condition, trochanter bursitis is typically noticed with disturbed sleep when lying on the side. Walking becomes too painful with pain in the hip often extending down the side of the leg and even to the knee. The greater trochanter area (hip joint) becomes excruciating when touched.

The treatment offered at the clinic is also often helpful for the pain associated with mild to moderate osteoarthritis of the hip.

Our Practitioners

Acupuncture & Chinese Medicine: Stephen Janz, Ian Murray, Michelle Blum.
Massage Therapy: Uli Graf, Karen McGrath, Deanna Elliott.